



EVERY SINGLE INCH of Harold Poole's body is a fortress of muscle. But a physique like this cannot be built by barbells alone. "Cables reach where weights cannot," insists Harold. Article explains how cables helped create this MR. UNIVERSE masterpiece.

CABLES OF MUSCLES FROM CABLES OF STEEL

Like Champion Thoroughbred Horses and their Run for the Roses, champion bodybuilders have known the secrets of rounding into shape for their run for those Golden Trophies.

BY HAROLD POOLE

Mr. America - Mr. Universe

I LOOKED at the clock on the table by my bed. It said 8:00 P.M. I walked over to the window and looked out at the street below. There, before me, was Hollywood Blvd. In half an hour I was to go a block away to the Hollywood High School Auditorium and give a posing exhibition for the IFBB Jr. Mr. America contest that Reg Lewis was presenting. I couldn't help thinking about the exciting life I led as an IFBB champion. I traveled everywhere on behalf of bodybuilding and got paid for the opportunity.

Most of the pleasure I receive is from the places I see and the people I meet. I suppose I've met and talked with just about every top bodybuilder in the world. During the course of my many conversations I've discussed just about every phase of bodybuilding. But you know it's funny, I never get tired of "talking shop," never cease learning.

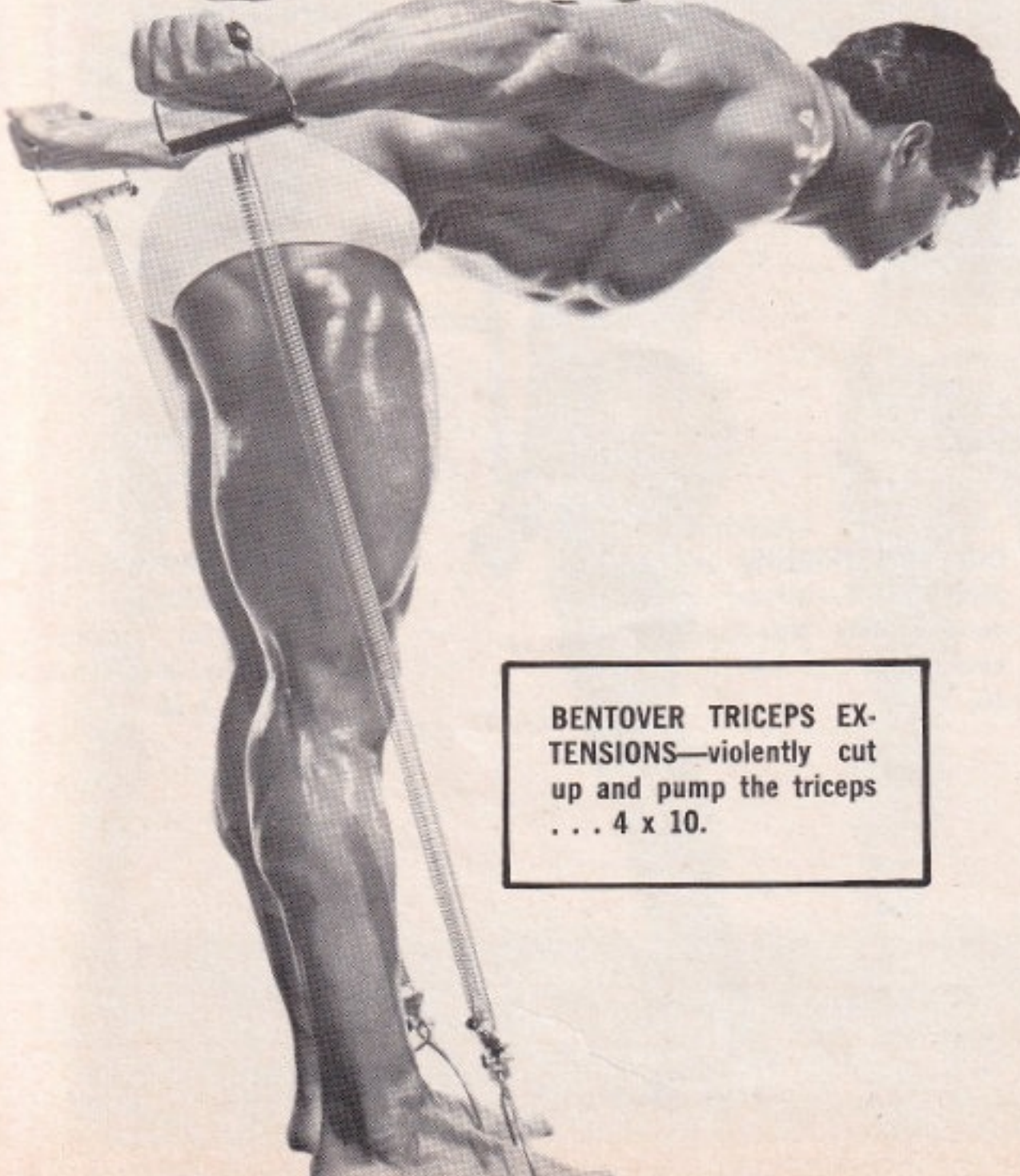
more ►



TWO-ARM CURL—keeps continuous tension on biceps . . . 4 x 10.



UPRIGHT ROW — fills in weak spots around lat-trap-delt area . . . 4 x 10.



BENTOVER TRICEPS EXTENSIONS—violently cut up and pump the triceps . . . 4 x 10.



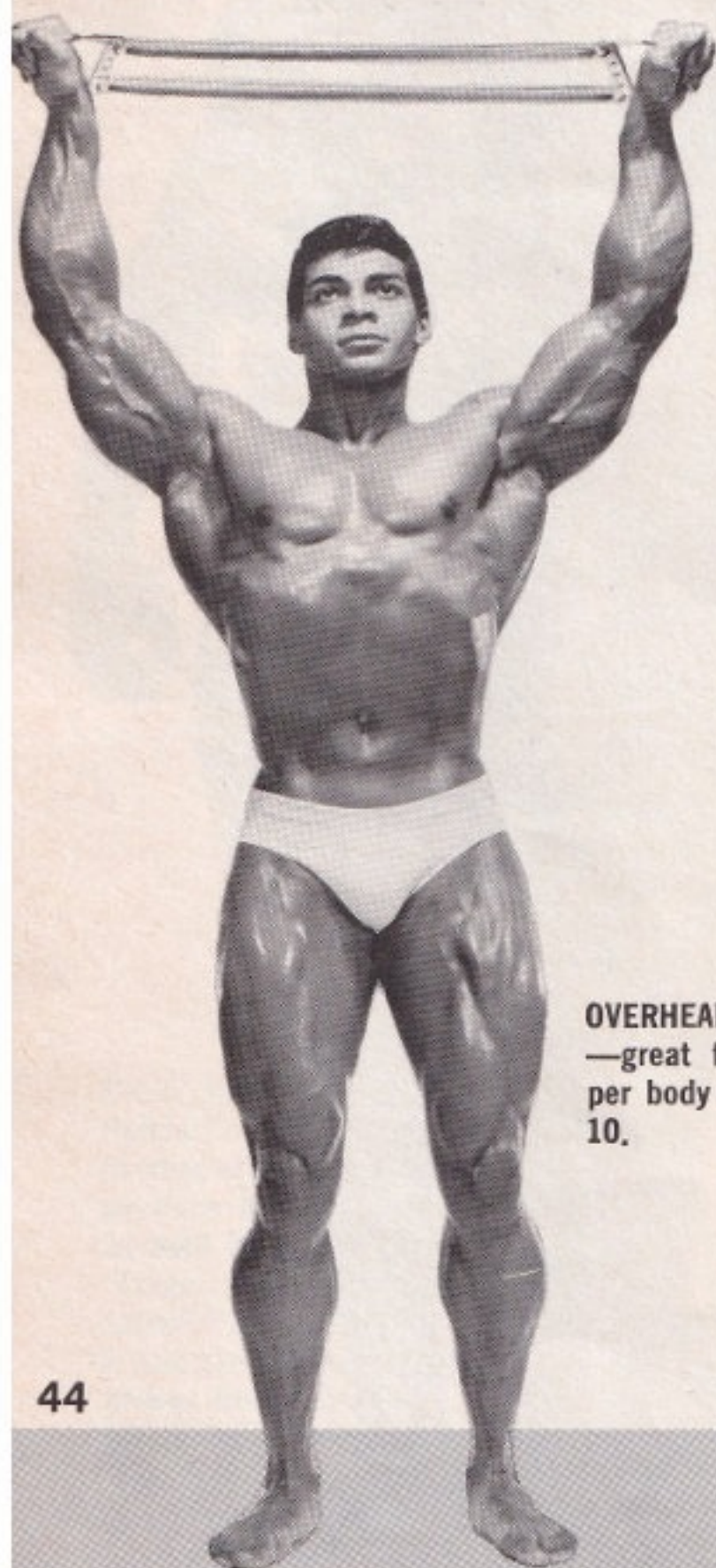
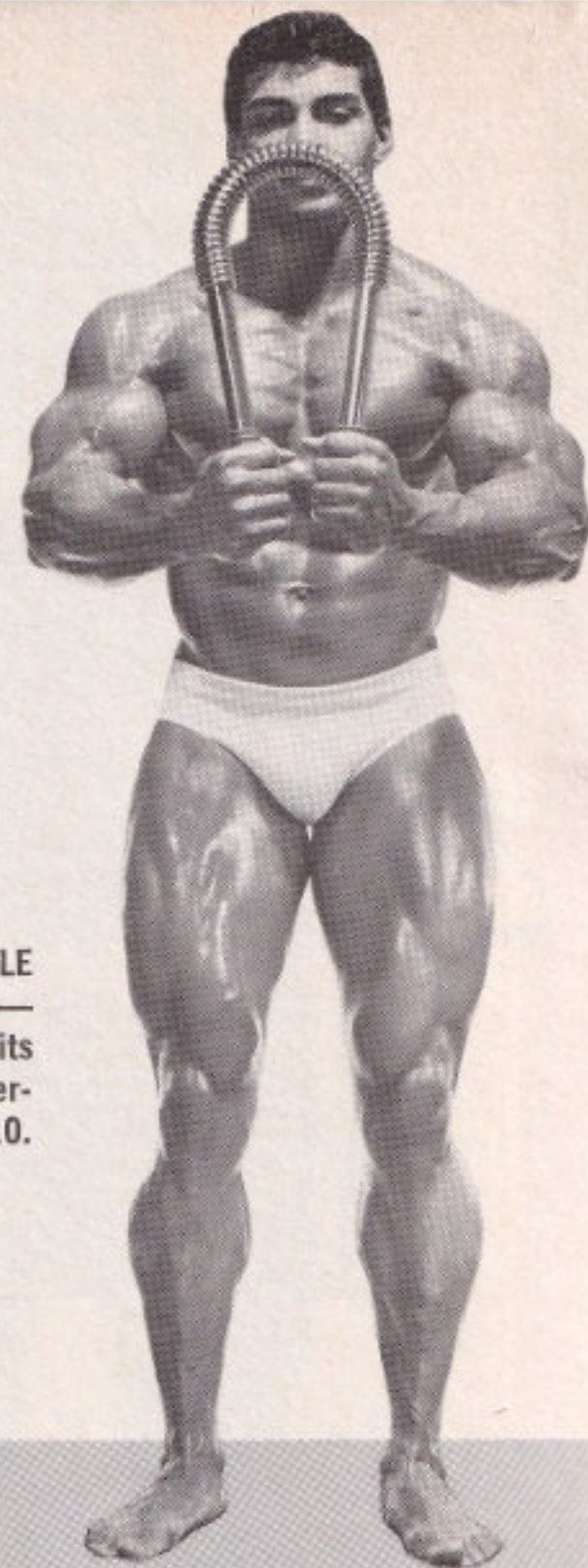
ONE-ARM CURL—brings out biceps peak . . . 4 x 10.



**STANDING ONE-ARM
CABLE CROSSOVER**
— tops for pec
cramping and tens-
ing . . . 4 x 10.



**TWO-ARM CABLE
CROSSOVER** —
amplifies benefits
of single arm ver-
sion . . . 4 x 10.



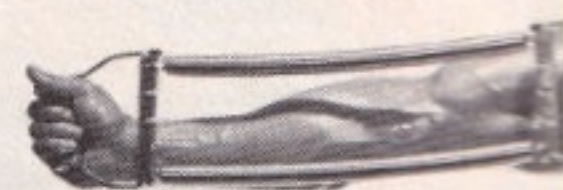
OVERHEAD STRETCHER
—great for overall up-
per body work . . . 4 x
10.



**ONE ARM TRICEPS
PRESSDOWN**—helps
develop fully mus-
cled triceps . . . 4 x
10.



**ONE ARM TRICEPS
EXTENSION** — drills
superior muscle
density into triceps
. . . 4 x 10.



continued

CABLES OF MUSCLE FROM CABLES OF STEEL

I turned from the beautiful panorama of hills and lights to check the time. I just had time for a quick shower. I felt pretty great as I stepped from the elevator and went out onto the street. It was a cloudless night and the cool evening air felt good in my lungs. Soon I was in the audience watching one of the greatest lineups for a beauty contest that I have ever seen. I had to hand it to Reg Lewis. He had to be one of the greatest beauty contest promoters in the world. It was wall to wall girls, as 40 to 50 sets of curves paraded by for the prizes.

After the beauty contest it was time for the Jr. Mr. America event and then my posing routine. I went back stage to watch the contestants warm-up. The excitement at these events is an experience that you have to go through to understand. Here is that "moment of truth" when years of sweating in the gym are to be judged in a couple of minutes. Everyone is nervous. Even though I was not a contestant, I was getting excited just being around all the tension. All the contestants looked great and I was glad I was not a judge. While I was pleased with the evening's outcome, I have to admit that I have seldom been so impressed with anyone as I was with Zabo Koszewski. I can't remember seeing such defined muscle in my life. Here's a man in his 40's and he looked bigger, harder and more defined than I can ever remember. He had the same effect on the audience as he did on me. We all looked on in disbelief as

he glided from pose to pose to the exciting music of Wagner's "Ride of Die Walkiere".

The cheers were still ringing out as he came off stage to the congratulations of his fellow bodybuilders. "You looked fantastic," I said. "How do you do it?" Zabo smiled, "I try not to ever miss a workout." "That's all?" I asked in disbelief. "Yeah," said Zabo, "and I always try anything new which I feel I can respond to." Just then I was called to get ready for my exhibition.

Later, in my room I got to thinking about the simple statement Zabo made on enduring physical condition. Regular training and the willingness to try something different. It made sense and he was the living proof that it worked. Actually, I think this rule can apply to just about every champion bodybuilder I've ever known. To be a champion you must have dedication and the desire to constantly improve. Unfortunately many bodybuilders dig the dedication but are a little slow on the uptake in experimenting. Sure, there are plenty of big, well-shaped bodybuilders around, but very few champions. You almost have to have a great imagination to be a

(Continued on page 61)

"007 TWISTER" EXERCISE — develops unusual cuts and striations throughout torso . . . several sets 12-15 reps.

BENTOVER LATERAL RAISE — cuts up delts and triceps rapidly . . . 4 x 10.

REAR EXTENSIONS — supplies great overall exercise to arms and back . . . 4 x 10.

show, and then—wow—what phenomenal gains he makes! We're all waiting to see what he'll look like in a few months.

Speaking about phenomenal gains—the most recent are being made by a relative newcomer to the bodybuilding scene at Harry Smith's Gym, John Morgan. John is an intern at Mt. Park Hospital, in St. Petersburg. In the last 3 months he's gained 20 pounds of muscle and can presently boast the widest deltoids at Smith's Gym. He's 6'1" tall, weighs 210, has 19" arms and a tiny 30" waist. His symmetry and structure are excellent, and with continued training and slightly improved muscularity he'll be a standout at any contest. He's never been in a contest before, and if his medical duties permit him to enter the 1968 MR. FLORIDA contest, he should cause quite a sensation.

Latest in the new car owners is Craig Whitehead with a 1968 GTO. I was once in that class with my Shelby GT-350, but it proved just too expensive on a school teacher's salary, so now I'm driving an Austin-Healy Sprite. Oh well, one advantage from a bodybuilder's point of view is that I look bigger driving such a small car.

Rumors have it that Harry Smith is planning a 'muscle extravaganza' for Tampa, soon. With all the talent around (Betts, Whitehead, Schleiker, Morgan, etc.) it's about time we had a contest.

The plush apartment of Craig Whitehead is a meeting place where Tampa bodybuilders frequently gather to discuss training ideas. On this one particular occasion that comes to mind,

Craig, Al Christenson, Harry Smith, and I were having a discussion on a training topic (which I can't recall). I decided to take a break, so I opened Craig's refrigerator in search of a can of Super-Pro "101"—and what did I spy but a small square box with the printed words, "CAUTION—HUMAN EYES INSIDE—KEEP UNDER REFRIGERATION."

"Hey, Craig, what's this?" I asked, somewhat astonished. With that, Craig explained that he had done a corneal transplant (for those of you unfamiliar with the anatomy of the eye, the cornea is the protective, transparent outer covering of the eye) earlier in the day, and inside the box was a human eye with part of the cornea removed. Since the remainder of the eye was useless, Craig gave us a quick dissection and explanation of the human eye. As a matter of fact, we learned so much that Craig agreed to visit Riviera Jr. H.S., where I teach, and give a similar program for my science class. Just goes to show you what looking for a can of Super-Pro "101" can lead to. It was hidden behind the eye bank all the time.

My spies up north tell me that the Frank Sinatra movie they're filming in New York is filled with bodybuilders. To name a few—Larry Powers, Lenny DeJon, Mark Thomas, Pete Caputo, and Dennis Walter. Caputo has been seen in such movies as "Wait Until Dark" and "The Swimmer." Powers just completed a role in "The Brotherhood," soon to be released. Oh—the name of the Frank Sinatra movie? "The Detective." See it. And if you want to see Powers in person—check the Mid-City Health Club, 210 West 42nd St., New York, N. Y. He trains there with all the champs. Caputo is currently training at the R & J Health Club, 2603 Avenue U, Brooklyn, N. Y.

CABLES OF MUSCLES

(Continued from page 45)

champion. Nothing should be too wild to try. Too many fall in love with the guy in the mirror and think that they can't improve the reflection more than what they see. So they don't try, and soon they're down the tubes. Sometimes all it would take would be a little common sense. So many miss the boat by not trying to delineate the muscle they have. I would take muscularity over size any day.

Talking definition and rock-like contours is easy, but getting is another story. If you're one of those who needs to hone himself to a finer edge,

may I suggest some of the best definition training I know. It might take a little courage on your part. It might mean that you'd use something *other* than barbells and dumbbells. How does the word "cables" strike you? Oh—oh, some are probably throwing this article in the trash can. While others are snorting in anger. "What? Give up the iron for some silly springs?" Wrong on both counts. Sure, use the weights and don't use "silly springs". If I'm still in the waste basket—"So long!"

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ing this, I'm gonna tell you something. I always use cables and pulleys several weeks before a contest or exhibition. Why? To carve in the muscularity. How come? Because pulleys and cables are needed for the continuous tension and the Weider Peak Contraction principles necessary to fulfill the promise of extreme muscularity. In my regular program, I take out only a few barbell and dumbbell moves and replace them with pulley moves. The tension afforded by the pulleys gives me that continuous tension so vital in reaching the deeper muscle fibers. This usually means greater concentration and peak contraction moves. The deeper muscle you reach, the greater are the chances of bringing out the muscle density and definition you want to have.

When I said cables I meant ones like the type I have, not just springs. I own a Weider Trojan Cable Set. It's economical and easy to store, but the most important thing is that it gets the job done. I use the cables to separate muscle from bone and so far I find that it is the key to rock hard muscularity. A five-pulley set with hard grips and stirrups should do the trick.

I start my cable routine after I've come home from the gym, about 2 hours before going to sleep. However, I don't do all the exercises listed below because this, added to my ordinary barbell/dumbbell work, would be too taxing, causing what I call "muscle fever"—burning me out, causing my muscles to dissipate rather than build, from overwork. The exercises I list are simply my favorites (sometimes I do others, not listed here).

I usually do 4 of these exercises every ordinary (barbell / dumbbell) workout night; the next workout night I pick a different 4, and so forth until I've done them all, and then I repeat. Only 4 weeks before a contest do I completely do all the cable exercises together (as a complete workout) 5 times weekly. I stop my cable workouts completely 3 days before a contest, and do only my barbell and dumbbell exercises. But, to repeat, except for those few weeks before a contest—don't do all the cable exercises at once, except, of course, if you would like to occasionally substitute a cable workout for a barbell and dumbbell session.

To sum up:

+ Cable exercises below do not represent a complete routine; these exercises are simply my favorites.

+ Do only 4 of these exercises each ordinary workout night, as explained

above.

+ Before a contest you can do all 11 cable exercises 5 times weekly after completing your regular barbell and dumbbell workout as explained above.

+ Occasionally, you may substitute a cable workout for an ordinary session with weights. Remember: cables bring out the muscle density—only after you have built those muscles with weights.

HAROLD POOLE'S FAVORITE MR. UNIVERSE CABLE EXERCISES

Upright Row (cable dumbbells) . . . 4 x 10 . . . carves incredible trapezius cuts. Anchoring the cables with my feet, I stretch them up to shoulder height. I work at moderate speed. Each rep helps bulk the back and delts in general—and traps are cut to ribbons.

Bent-over Lateral Raises . . . 4 x 10 . . . cuts up delts and triceps like crazy. With the upper body parallel to the floor the arms are drawn straight up and out until they are level with the body.

Two-Arm Curl . . . 4 x 10 . . . great for continuous tension biceps work, done similarly to dumbbell curls.

One-Arm Curl . . . 4 x 10 . . . permits greater concentration on individual arms, brings out biceps peak.

Standing One-Arm Cable Crossover . . . 4 x 10 . . . keeping the arm fairly rigid and with a moderate bend at the elbow I bring the cable completely across my body as far as it will go; great for pec tensing and cramping. After working the arms individually I will sometimes follow up by working the arms simultaneously for even greater pec pumping and quick cuts.

Using the Weider Giant Krusher . . . several sets, 12-15 reps . . . playing with the Krusher for a few minutes each workout develops surprising cuts and striations in all upper body muscles.

Bent-Over Triceps Extension . . . 4 x 10 . . . I assume the upper-body-parallel-to-floor position, upper arms parallel and locked against body. To fiercely pump and cut up the triceps I merely extend the forearm fully against the resistance of the cable.

One-Arm Triceps Pressdown . . . 4 x 10 . . . while one arm supports the cables overhead, the exercising arm (only the forearm moves at the elbow) extends the cable through contraction of the triceps. Result: a full-shaped

muscle from elbow to shoulder.

One-Arm Triceps Extension . . . 4 x 10 . . . the non-exercising arm forms the base for the cables behind the back; the working arm approximates the same movement as with the Dumbbell Triceps Extension. Drills great muscle density into the arms.

Rear Extensions . . . 4 x 10 . . . another wonderful exercise which does great work on the back and arms in general. Holding the cables behind the back I press my arms out to full lateral extension. Especially good for developing rear delts.

Overhead Stretcher . . . 4 x 10 . . . my personal favorite for over-all upper body work and definition building. Hold the cables directly overhead, palms facing outward. Now pull the cables out as you bring your arms downward across your chest. Slowly allow the cables to pull the arms back overhead. On the next rep pull the cables apart as you direct them behind the neck. And continue varying front and back of head for the entire set.

These are just some of my favorite cable exercises. This doesn't mean that they should be yours. Remember to always use the Weider Instinctive Training Principle. There are so many variations possible with cables that its potential seems endless. The important thing to remember is that cables are a very important part of the body-builders armament. Cables are the greatest training apparatus for pre-contest muscle defining I know of.

In order to burn off the layer of fat and sear into the cracks and ridges of the muscle below you must be willing to sweat and concentrate for the results. Cable training can be very strenuous. This, of course, is just what you want for faster results. The breaking down of tissues that are rebuilt by high protein substances is the natural process. This is all helped along with one can of "Super-Pro 101" daily which is ideal for this purpose, and by 3 BD-BU Tablets a day, which help prevent muscular soreness from the stepped up routine. Since enzymes from the protein foods you eat daily are necessary to break down the large protein molecules into its 32 amino acids necessary for quick assimilation by the blood stream, I heartily recommend you take a protozyme tablet after each meal. The pineapple enzyme of this Bromelain (Protozyme) tablet I consider tops in helping your system digest more fully the protein foods you eat daily.